

Feature Inside

Your guide to living
on the edge

See pages 6 and 7

SPOKE

"Keeping Conestoga College connected"

Inside This Issue

- News 1-3
- Commentary 4-5
- Feature 6-7
- Community 8-11
- Sports 12

28th Year — No. 22

Kitchener, Ontario

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Loan transfers a must for some

By Jason Seeds

Students who negotiated their student loan with either the Toronto-Dominion Bank or the Bank of Montreal may have to transfer their account to another bank. "We try to make it as easy as possible," said a liaison officer at the Guelph Student Loan Centre.

On Aug 1, 1995, when the federal government dropped the responsibility for defaulted student loans onto the shoulders of the banks, Toronto-Dominion Bank and Bank of Montreal opted out of the program.

The liaison officer said all students who had loans with either of the banks were mailed a letter last July. The letter warned if they were going to apply for new loans the account would need to be switched to a bank that was participating in OSAP.

However, graduates who are in repayment were sent nothing. "This can be a problem if a graduate decides to return to school," she said. "Hopefully most already transferred."

Loans taken before Aug. 1, 1995 still fall under the old system in which the federal government is responsible for them, even at participating banks. If a student is not re-applying for OSAP, there is no need to transfer.

The loan can only be transferred if it is in good standing. "We will not accept an account that has not been kept up," said Lindsay Worden, manager at the National Bank of Canada branch on Fischer Hallman Road in Kitchener. Worden said a student would have to have a very bad credit rating not to be given further loans if they already banked at the National Bank.

While in school, OSAP loans are in good standing because the government pays the interest, so it is a good idea to switch before graduation. "Some transfers we received in September still haven't gone through," said the liaison officer. "These people might be trying to get back into school and they can't get OSAP."

If current banks won't process loans, and no other bank will accept them, then students can't get OSAP. Applying for private loans to finance education is always a possibility, but if the payments on an loans are not kept up, there is little chance a bank will lend money.

Open for business



Seven-year-old Miles Mee sells drinks on Metcalfe Street on a hot afternoon in Guelph, June 1. Miles said business was pretty good that day.

(Photo by Janet White)

Witmer assures Cambridge students jobs exist

By Amy Wroblewski

The Workers With Experience class at Conestoga's Cambridge campus was treated to a visit from Ontario Labor Minister Elizabeth Witmer on May 31.

About 20 people attended Witmer's speech to hear news about the condition of the job market.

Witmer assured the group there are jobs available for people re-entering the workforce despite popular opinion. She added that she hired two mature women from a

continuing education program to work in her office.

Witmer described some of the endeavors being implemented to boost employment in Ontario.

She said programs and laws are being introduced to restore balance and investor confidence in Ontario, such as lifting the ban on replacement workers and union voting by secret ballot.

Witmer said the area is seeing results from the recent sale of the King Centre, sold to local investors, and Market

Square, sold to German investors.

She also said 63,000 new jobs have been created in Ontario in the past three months, building government confidence.

She said \$57 million has been spent to provide young people with eight-week-long summer jobs, and tax credits are available to employers to hire students.

Witmer also discussed the new student loan system with the class. Students won't have to pay back their student loans until they are making a minimum income.

The loan will then be paid back through income tax. Witmer said this will encourage post-secondary education and she hopes people will take advantage of the new system.

On a personal level, Witmer encouraged individuals to be realistic and self-confident when searching for a job.

She told the group good paying jobs will be available. "You need to support one another," she said. "I personally feel good about what's being done. It's a step in the right direction."

Faculty union increases financial support to OPSEU

By Barbara Walden

Faculty members of the Ontario Public Service Employees Union at Conestoga College recently voted overwhelmingly in favor of increasing their financial support to the provincial union, says Sally Harper, vice-president of Local 237.

Harper said Leah Casselman, provincial president of OPSEU, attended a meeting at the college May 22, to request an increase in union dues.

The additional money is needed to re-

duce the approximate \$19-million debt incurred by the union during the province-wide strike earlier this year. Harper said the dues increase of 0.2 per cent is a temporary measure dedicated solely to paying down strike loans, and will only be in effect for two years. It may be dropped sooner if the provincial strike deficit is paid before the two-year limit is up.

With this increase, faculty union members will now pay 1.525 per cent of their salary in dues to OPSEU. Harper said the local is sending a directive to the

provincial board to decrease expenses, and have asked for a response in six months, with a report on what the board has done to reduce its expenditures.

"We agreed that we are willing to pay our share, but we would like to know what they are doing to cut expenses," said Harper.

Casselman told the meeting OPSEU's head office had already started cost-cutting measures before the strike by increasing communications between departments and eliminating redundancies, said Harper.

The college's support staff union, Local 238, also represented by OPSEU, met May 28. The local's president, Ann Wallace, said in a phone interview she didn't care to comment to the media about events at the meeting until further discussions are held with the local's executive.

Meanwhile, Wallace said both the faculty and support staff unions have jointly sponsored a social event June 5 at the Valhalla Inn in Kitchener, to say goodbye to all college employees who have taken the early-leave package.

Premier marks first year with local gathering

Common Sense Revolution moving faster, Harris tells party members, supporters in Cambridge

By Robert Klager

Ontario's Common Sense Revolution is not slowing down, says Premier Mike Harris. In fact, he says it's more likely to begin moving faster.

Harris was speaking to nearly 300 local Progressive Conservative Party members and supporters who gathered in the ballroom at the Cambridge Holiday Inn May 30, for a party fund-raiser.

Flying directly to Waterloo-Wellington airport from a meeting in Quebec with Premier Lucien Bouchard, Harris was in town to reflect on his government's one-year-old mandate, and to encourage continued support from local PC ridings.

"The evidence is everywhere that our plan is working," said Harris. "Naturally, we have our critics, but there is one thing that everyone agrees on: this government has done exactly what it said it would do."

Telling the audience previous governments brought in policies to raise the wealth of the government, Harris said his government's goal is to raise the wealth of hardworking Ontario families.

Harris also announced the recent launch of the Conservatives' "Who does what?" initiative, a disentanglement process aimed at

sorting out the roles and the responsibilities of the many overlapping and duplicated layers of government and bureaucracy that

hamper positive growth in the province.

Speaking to reporters after his speech, Harris assured his govern-

ment would remain unwavering in its mandate for reform.

"I think the sooner they (opposers) start working with us, the sooner we'll get the job done and have a more prosperous province," he said.

Harris said he's been surprised at the intensity and personal nature of opposition to his government; it's an opposition he said has often arisen from impugned motives.

Critics often accuse his government of "doing some of the things because we (the Conservatives) enjoy cutting back and affecting the most vulnerable in our society."

"Our goal is, in fact, to help the most needy and vulnerable in society," said Harris.

The rich can fend for themselves, he said, but the government would like to see many more people working and having jobs and improving themselves.

"I think it's fair for them to challenge how and even what, if they want, but not the motive."

Many intend to challenge the premier, as organizers are planning a massive protest at Queen's Park June 8. The event will mark the official one-year anniversary of the Conservative reign in Ontario.



Premier Mike Harris spoke about his government's first year in power and the party's future plans to nearly 300 supporters at the Holiday Inn in Cambridge, May 30.

(Photo by Robert Klager)

DSA won't cover travelling expenses for out-of-towners

By Judith Hemming

The Doon Student Association has turned down a proposal to compensate its out-of-town members for travel expenses.

Steve Harris, one of the DSA's four promotions assistants, introduced the proposal at the DSA's executive meeting on May 28. In an informal vote, five members voted against the proposal.

Harris travels from Orillia to attend the summer meetings. To meet the terms of the honorariums, members of the executive are expected to work 10 hours a week, summer months included.

Harris's proposal requested that out-of-town members of the executive either be reimbursed for gas at 40 cents a kilometre for distances exceeding 80 kilometres one way, or be paid for train or bus costs.

Harris said the current high price of gas was one reason for his proposal. Also, he said he was concerned that travelling expenses might pose a barrier to some students who may not be able to afford the extra costs.

A compensation package would allow all Conestoga students to participate on the DSA. The honorarium he receives for his DSA work is not very large, Harris said.

The board of directors has approved honorariums for promotions assistants for the 1996-97 year at \$880 each.

Other approved rates are for the communications and education co-ordinator at \$1,175, the enter-

tainment manager at \$1,300, vice-presidents at \$1,500 and the president at \$1,925.

Krista Ogg, vice-president of operations, disagreed that travelling expenses would prevent students from getting involved in the DSA. "No matter where you live, if you really want to get involved, you're going to."

Ogg said she has made the choice to spend the summer living in Kitchener to meet the demands of her position.

Ogg is from Mount Brydges, near London. Her honorarium for participation on the DSA is almost completely taken up by living expenses, but she said she looks at the position as a chance to make contacts and to gain experience.

Promotions assistant Laura Brillingier echoed Ogg's reaction. Brillingier lives in Waterloo, but travels to a part-time job in Sauble Beach and fulfils DSA commitments.

Irene da Rosa, director of finance, said the honorarium is a perk and DSA positions, themselves, are essentially volunteer. "People have to make a choice," she said.

She said in the past, the same idea had been proposed by a vice-president who had to travel a considerable distance to the college in the summer months. The executive had rejected the idea at that time.

Da Rosa said the DSA has limited funds and simply does not have the money to pay for travelling expenses.

Planning for graduation ceremonies underway Alumni association assists with upcoming convocation

By Allison Dempsey

Conestoga's convocation on June 24 and 25 is approaching quickly and the college's alumni association is organizing components of the four graduation services which will provide service and satisfaction to both grads and the college, according to Mary Wright.

Wright, manager of the college's alumni, employment and co-op services, said the alumni association is "quite involved" with the graduation program.

"It's a great opportunity to let grads know their status with the college hasn't changed - they have just become alumni members."

Wright said the association arranges for the guest speakers to address the grads, and usually alumni who are comfortable speaking in front of a large group of people are chosen. Wright also tries to arrange for alumni who have graduated from specific programs to speak at each session.

"It's a word-of-mouth thing," she said about how the alumni hear of the speaking opportunity.

The association will be selling roses to the graduates, and picture frames will also be available at \$40 for brass frames, and \$45 for wood. The college logo is embossed in the bottom corner of the matte.

All proceeds from the sales will go back into the association.

"We priced the frames off campus and they easily cost two times the price we're selling them for," said Wright. Graduates are encouraged to order the frames quickly to avoid a last-minute rush.

A professional photographer will also be on hand to take pho-

tos of grads who either missed their original photo date, or who want extra photos. There are three separate packages available, for \$35 including tax, and no appointment is necessary, said Wright. Grads can simply show up after the ceremony and arrange to have photos taken.

"Photo opportunity booths" will also be set up for students who would like pictures taken with or by family members or friends in front of a pleasant background.

Two convocation ceremonies will be held on both Monday, June 24 and Tuesday, June 25, at 4 p.m. and 7:30 p.m., in the campus recreation centre.

On Monday, the school of health sciences and community services will graduate at 4 p.m., and engineering technology trades and apprenticeships at 7:30 p.m.

On Tuesday, the school of applied arts, continuing education, training and development and the school of college access and preparatory studies will graduate at 4 p.m., and the school of business at 7:30. The business convocation will be one of the largest, said Wright.

A number of alumni volunteers are expected to return to sell roses, Wright said. "We have a base of volunteers that is pretty solid, but we're looking into increasing that number."

Wright said Monday's ceremony speakers are confirmed, and she's waiting for confirmation for Tuesday's speakers.

As for the guest speakers, Wright said those who are asked to attend are flattered. "Convocation is a prestigious event for the college and grads are honored to come and speak."



Tallpines prepares to close its doors

By Diane Santos

Effective June 30, Tallpines Childcare Centre will no longer be involved in the day-to-day operations of child care in conjunction with Conestoga College.

Team leader Lisa Horst says the approximate enrolment of 80 children will be dispersed within the other six day-care facilities.

The other six facilities are the Doon campus, Waterloo campus, Driftwood, Glencairn, John Darling and Silverheights public schools.

The cuts to the day-care centre were announced shortly after budget cuts were made to education. The announcement was sent out to all media, facility employees and parents on April 24.

The media release stated that in order to save money and the quality of programs, services at the Tallpines Childcare Centre were being consolidated.

"Although I feel sad about leaving, part of me knows it wasn't a surprise. Just because you work for a government affiliation, doesn't mean your job is sacred. Thankfully, we've been lucky to find alternative care for the kids," said Horst.

According to the media release, the cuts being made to Tallpines will have no effect on the early childhood education program



Staff and children sit on the playground at Tallpines Childcare Centre. Tallpines will be officially closed at the end of June.

(Photo by Diane Santos)

offered at Conestoga College, or the quality of training that is provided by the college.

Pam Mather, a representative of the Mather Management Group, which represents the Tallpines Condominium Corporation, said the college and the representatives discussed the issue and realized

that amalgamating the day-care centres was the most efficient way to save money. Therefore, the lease wasn't renewed on the building.

At this time, the Mather Management Group has no plans for the building.

Horst said although she can see

the logical reasoning behind the closure, every day closer to June 30, the realities of leaving become more apparent.

Conestoga College has operated the facility since its construction in 1987.

Horst has been with Tallpines since its official opening in

October 1988.

Horst and other employees of the facility will be relocating to the six different day-care facilities.

"I've been here a long time. I've seen the children grow, relationships have changed. But the one constant was Tallpines," said Horst.

Grant lets college hire summer landscaper

By Janet White

A federal government grant has enabled the college to hire a student for a 14-week placement this summer.

Barry Milner, manager of physical resources, said the grant was obtained through the Canada Job Strategy Summer Career Placement Program. "We are certainly adding money to it, but it helps us do work which probably would not have been able to get done without the grant."

The successful candidate was chosen from four students sent from the Canada Employment Centre.

The student will be working with the groundskeeping staff to plant trees at Doon campus. He will also be involved in a naturalization project at the Guelph campus, which was developed in conjunction with the city's parks and recreation department.

The project involves removing noxious weeds in an area at the back of the college property and planting trees and shrubbery to prevent erosion and provide a more natural setting.

Milner said the college applies for grants on a regular basis. "We, as a college, certainly take a look at all avenues, because if we had to fund everything 100 per cent without making use of some of these grants, that's an additional expense for us. So we try to offset some of the expense if we can."

College okays landscaping and fashion design courses

By Deborah Everest-Hill

The board of governors approved motions to accept a 12-week landscaping course and a 255-hour fashion-design course, at its meeting on May 27.

Ted Goddard, of the faculty of business, said the landscaping course will start in February 1997, and will take place mostly inside the classroom.

He said the course is a general introduction to the basic skills and techniques associated with landscaping. Landscaping is becoming a 12-month-a-year job, and there is a market for it in the Kitchener-Waterloo area, he said.

John Tibbits, college president,

said the college will not run the program unless it receives a minimum of 20 applications. He said the program was offered in the past, and he is confident it will attract at least 25 people.

A survey was conducted to establish whether or not there is a viable market for courses in fashion design. In fact, Goddard said, the area boasts at least 1,000 potential candidates. He said the presence of a number of textile plants in the area point to an obvious market.

Fashion design will consist of four core courses and will draw people from a variety of industries, he said.

The intent of the program is not

to graduate fashion designers, but to provide homemakers and employees of the clothing industry with a better understanding of clothing design and construction.

Tibbits said the courses will not produce haute couture. "No one should expect New York, London, Paris and Kitchener, but who knows, we may become the centre of fashion."

In other business, Goddard provided board members with a 50-page report on the opinions of Conestoga marketing graduates.

According to the report, graduates said the college needs more access to multimedia and graphic programs and a greater emphasis on work-related experience.

Security telephone system improved

By Scott Nixon

The \$26,000 grant given to Conestoga College by the Ontario Ministry of Education and Training continues to help improve safety on campus.

Recent improvements have been made to the phone system in the security office, making the campus safer at night, according to Kim Radigan, Conestoga's health, safety and environment co-ordinator.

Now it is possible for college employees or students to directly contact security guards after hours or on weekends, said security supervisor Bob Gilberts, even if the guard is not in the security office. By calling ext. 357, the caller will be transferred to voice mail and given the ability to speak to a security guard. Callers should only use the phone in an emergency.

Radigan said that in the past, employees working late felt unsafe and isolated because usually there was only one security guard working at night. Previously, while employees and students were instructed to inform the security office if they would be working late and when they would be leaving, it was difficult to find security if they weren't in the office.

Radigan said \$1,500 of the cost of the phone system came from the government grant.

LASA instructor to advise on emergency plan revisions

By Janet White

An expert in emergency response at the college will play an important role in revising the current response plan to enable staff to deal with emergency situations more effectively, says Barry Milner, manager of physical resources.

Harry Stavrou, a law and security administration teacher, spent many years in the military, developing emergency response plans, and has been working with the existing emergency response committee, Milner said. "He (Stavrou)

has been able to give us some additional information on improvement and will be suggesting some different guidelines for us to consider on how to do a search properly."

The existing plan, established in the early '90s, was put together to ensure the college had a series of guidelines to follow in an emergency situation. Milner said the plan was meant to be broad enough to be applicable to just about any situation.

In the case of specific emergency situations such as the bomb threats this year, Milner said a

small committee has discussed establishing additional search teams made up of people at the college. "We are also looking at doing some training with our people and we will be sending out an open invitation to staff and faculty of the college asking for more volunteers to be able to respond to emergencies."

Milner said the search for the person who called in the bomb threat in April is ongoing, and he encouraged people to use Crime Stoppers or alert campus security with any information which may help police.

COMMENTARY

Editor Robert Klager
News editor Barbara Walden
Student life editor Allison Dempsey
Issues and activities editor Diane Santos
Features editor Jennifer Broomhead
Photo editor Janet White
Production manager Blake Ellis
Advertising manager Amanda Steffler
Circulation manager Deborah Everest-Hill
Faculty supervisor Jim Hagarty
Faculty advisor Bob Reid

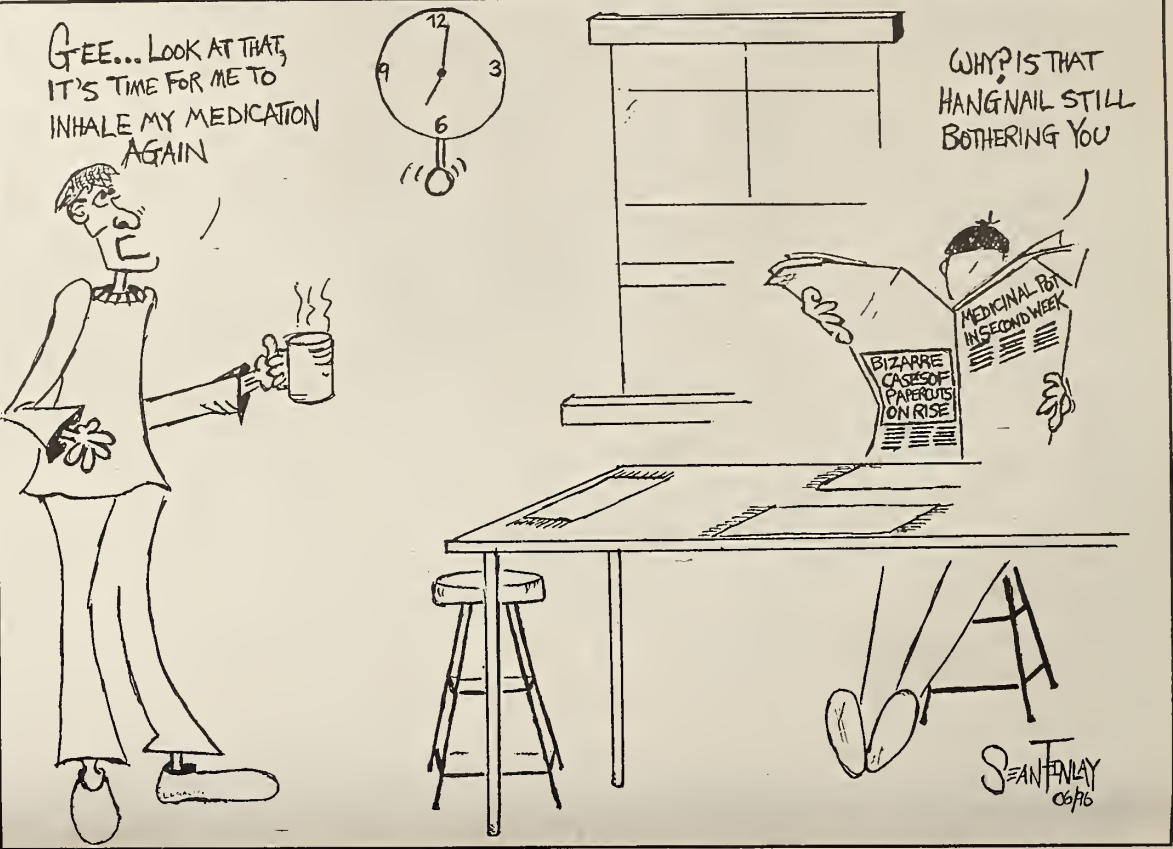
SPOKE
"Keeping Conestoga College connected"

299 Doon Valley Dr., Room 4B15
Kitchener, Ontario, N2G 4M4
Phone: 748-5366 Fax: 748-5971

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Time to teach awareness of cultures

The public school system has had its back turned to culture and religion long enough. It's time to show responsibility and start teaching cultural and religious awareness to Canadian children. That's not to say that religion should be promoted in the classroom, for that would clearly be a mistake. Rather, Canadian children should be made conscious of the different cultures and religions that surround them. By helping children accept and interact with cultures other than their own, schools would be giving them the tools they will need to communicate in Canada's multicultural society. Cultural classes should try and identify the major cultures of the world and then try to describe the similarities between them, rather than the differences. Teachers should also attempt to dispell as many racist myths and ideas as possible. It is no longer acceptable to ignore religion as if it were some sort of bad habit that will go away with time. Religion is a major part of Canada's society, and if children aren't given the tools needed to understand other religions, it will only cause confusion in the future. After all, isn't that the real job of the public school system? To prepare the children of today for tomorrow? If so, then the schools must begin to predict the future to some extent, rather than play catch-up to current trends. What good is giving a child the tools needed to participate in today's society when they won't be using them for years? Canadians must also counteract the ever growing American influence on their society. The American cultural melting pot, in which distinct cultures are encouraged to take on an American identity, flies in the face of the whole idea of multiculturalism. Yet this is the message our children are getting through American television and books. That means Canada must work harder to nullify the effects of these influences by promoting the distinctness of each individual culture and religion. If Canada is to continue to grow as a multicultural society, it must act to promote it. Giving children the tools to interact with as many cultures as possible will not only help them become a better part of Canadian society, but it will help them become a better part of society wherever they may choose to live.



Suicide cannot be the solution

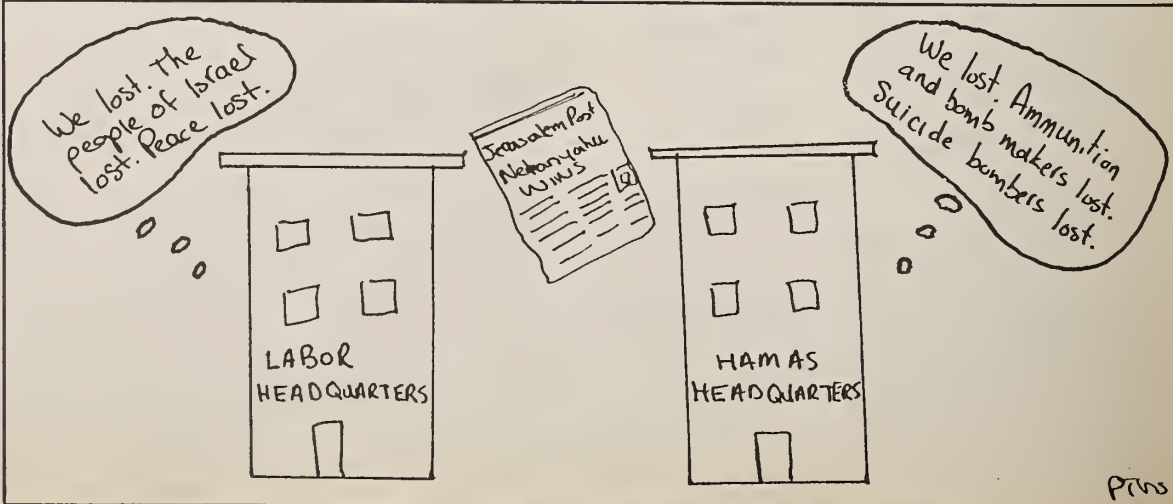
By Jennifer Broomhead



In the United States and Canada, Dr. Jack Kevorkian is better known as "Dr. Death." He's the American physician who has assisted over 20 individuals in ending their physical suffering by committing suicide. Svend Robinson, an NDP MP from British Columbia made headlines as an advocate for physician-assisted suicide and "dying with dignity," and admitted he was present when Sue Rodriguez ended her life in February 1994. Two years ago, grunge icon Kurt Cobain achieved immortality by shooting himself, claiming "it's better to burn out than to fade away." Last month, my former roommate's friend lost her brother to suicide. He was only 20 years old, with his whole life still ahead of him. Where do we draw the line between dying with dignity and running away from problems? Which is easier, or more acceptable, for people to succumb to, physical or emotional pain? Physician-assisted suicide allows terminally ill people to choose how and when they will die, usually before they succumb to their illness. Advocates say these individuals have the right to die on their own terms, before physical pain makes life unbearable.

Affairs can be put in order, goodbyes can be said, and grieving can begin. When a person chooses death as a solution to their personal problems, it's an entirely different story. It's difficult to lose a loved one, but when death is self-induced, questions are many and the answers are hard to find. Suicide may look like an easy answer to tough problems, and may even be seen as an escape from emotional pain that can make life seem unbearable. People contemplating suicide often can't see any other solutions, even when they do exist. People who attempt suicide are often looking for others to pay attention to their pain and asking for help. Whatever the reason, suicide is final. There's no turning back. The solution may seem easy, painless and even liberating, but the people left behind are caused enormous grief and suffering. There is no dignity in suicide as an escape. It's a selfish choice. Everyone feels sad, depressed and lonely throughout the course of their lives. Each individual has their own set of emotional triggers, and their own way of dealing with sorrow. Problems that seem minor or trivial to one person may be life-threatening to another. What we must do is try to recognize and understand these emotions in ourselves and in others, and find a way to confront obstacles instead of trying too hard to escape from them.

Your opinion counts.
Tell us your thoughts.
Send a letter to the editor.



COMMENTARY

It's the way you accept it

By Tara Brown



For many of us, changes in our life have come well on schedule. Things like leaving home, getting married, having children (or not) and making regular mortgage payments seem to come for many in a prescribed order, a logical timing.

We know, generally, what life will bring us throughout our day. We have a good idea of the expectations others have of us, we understand the process that we go through to accomplish certain tasks. Things happen in a methodical routine that doesn't really change from week to week or even month to month.

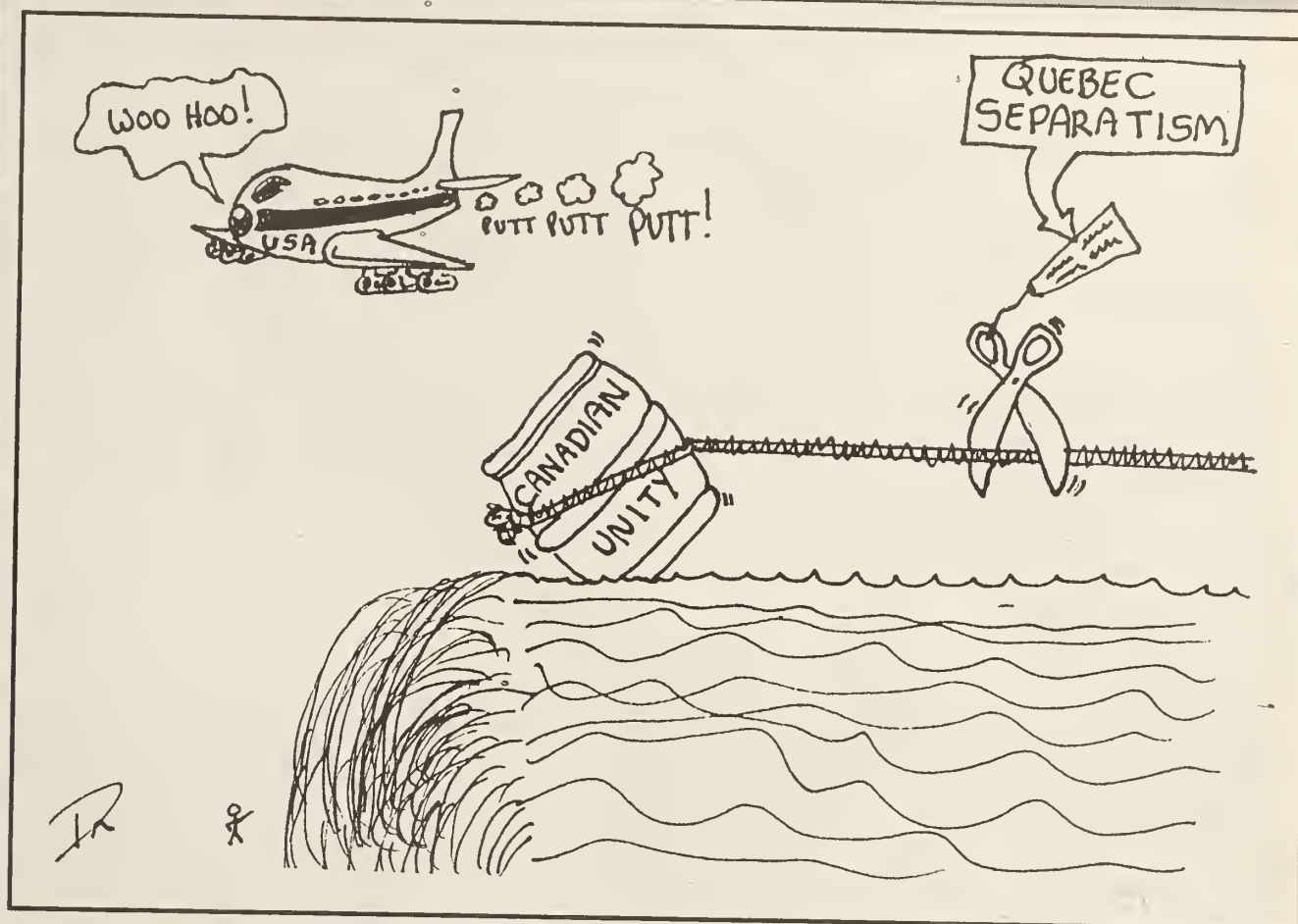
What happens then, when something suddenly does change? How do we react in our cosy little comfort zone when all of a sudden it isn't as rosy?

A local woman was a passenger in a car that was travelling along one of the roads that leads to the Conestoga Parkway. The driver of the vehicle she was in pulled around a car ahead of them which had stopped to make a turn. As the first car pulled around and continued across the intersection, it was "T-boned" by an oncoming pick-up truck. The pick-up was not speeding or running a red light. The driver of the pick-up was not drunk. From all the information available, the driver of the car was at fault.

This local woman, the passenger, is now in hospital in the intensive care unit, trying to cope with what happened in a single instant. How does a person deal with such a radical departure from the every-day ordinary and predictable events of life?

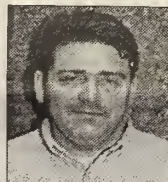
An instant could be all it takes. A moment that holds in it unbelievable promises or awful, shocking events. No one can predict life. In one single moment, life can be changed forever. In a second your world can be rotated 180 degrees.

What then, do we do with it? We will all "have our moments," and we can find some way to accept them, grieving if it's necessary, celebrating if that seems to suit it best, but even from our most joyful or painful moments, we all need to find a way to move on. We are given many moments to live through. The decision we need to make is, what are we going to do with them?



Some lessons need no teachers

By Robert Klager



The mornings are crisp and bright now. There's a decided nonchalance blanketing the college and the echoes of protracted dissent are finally beginning to vanish.

A quick glance at the past year of educational debate at the college would seem enough to entice any student back into the whimsy of a soft, misty June morning; we weren't there then, why go there now?

But we need to go there, if not for our own "educated" selves, then for our self respect.

Maybe now a student voice can be heard, sans the din of rhetoric gone rampant. Maybe now a student can offer ideas on what might truly be "in the best interest."

The fact students haven't even gotten jobs they feel need protecting yet, automatically lends enormous amounts of objectivity to their points of view.

They may even have ideas about what they want out of an education.

It's a safe bet that one thing they don't want, is to become pawns in a battle between the payers and the purveyors. However, it may be too late, because lost in this entire debate is the maxim, "you reap what you sow."

In the name of defining quality education, students have been portrayed as devoid of any motivation or personal responsibility for their futures (read: sowing power).

Students who don't exhibit any of these characteristics, that are imperative to success, simply won't be around for the harvest — and rightly so.

Educators at the post-secondary level should be wary of over-estimating their contributions, or their students' lack thereof.

There's a certain element, above and beyond the ability to learn and comprehend, that every student must bring to college or university. It is discipline, the stumbling block of all independent learning.

Curious, the pity and concern for students with which many teachers look upon this "discipline disadvantage." Take cost-cutting, program-delivery review and job losses out of the equation and watch that concern turn into a big fat 'F.'

Every hardworking, honest student appreciates and respects the presence of a dedicated teacher. The same student sees the inevitability of fiscal restraint, and its repercussions.

Don't undermine who those students are by making them red herrings for your cause. Many of those you profess would suffer in this process, would do so just as readily, while looking straight into your eyes.

K-W citizens support work for welfare

By Paul Tuns

If a survey of 40 Kitchener-Waterloo area citizens is any indication, the public overwhelmingly supports the Waterloo city council decision to implement a work for welfare scheme.

Of the 40 people surveyed, each supported the idea of welfare recipients working for their cheque.

There were two main reasons expressed for supporting the program: the principle that people should work for what they get and the idea that work will improve the dignity and self-esteem of welfare recipients.

Robert Yandt of Kitchener said people should work for welfare because he cannot believe that they don't have anything to contribute to society.

"They are not completely incapable of adding something to the workforce, or to the community."

Ray Bonnell, who works at Uniroyal Goodrich, said work for welfare is a good idea because the current system does not encourage recipients to leave their couches.

"They should give back to their community, cleaning ditches or parks," he said. "Many don't have cars, so



there is no excuse that they can't get there if they have to clean the park in their own area."

Sandy Stratford, who works at Lear Seating, said she is a single mother and if she can work, there is no reason why others can't.

"There are jobs out there and they should be working."

Glenn Henrich, who works at a packaging company said too many people are taking advantage of the system and work for welfare might put an end to that.

Joe Krajnc, a University of Waterloo systems engineering student, agrees. He said there is no reason for people not to work if they can. Especially, he said, because there are jobs out there.

Vic Arya said working for welfare will give recipients greater pride.

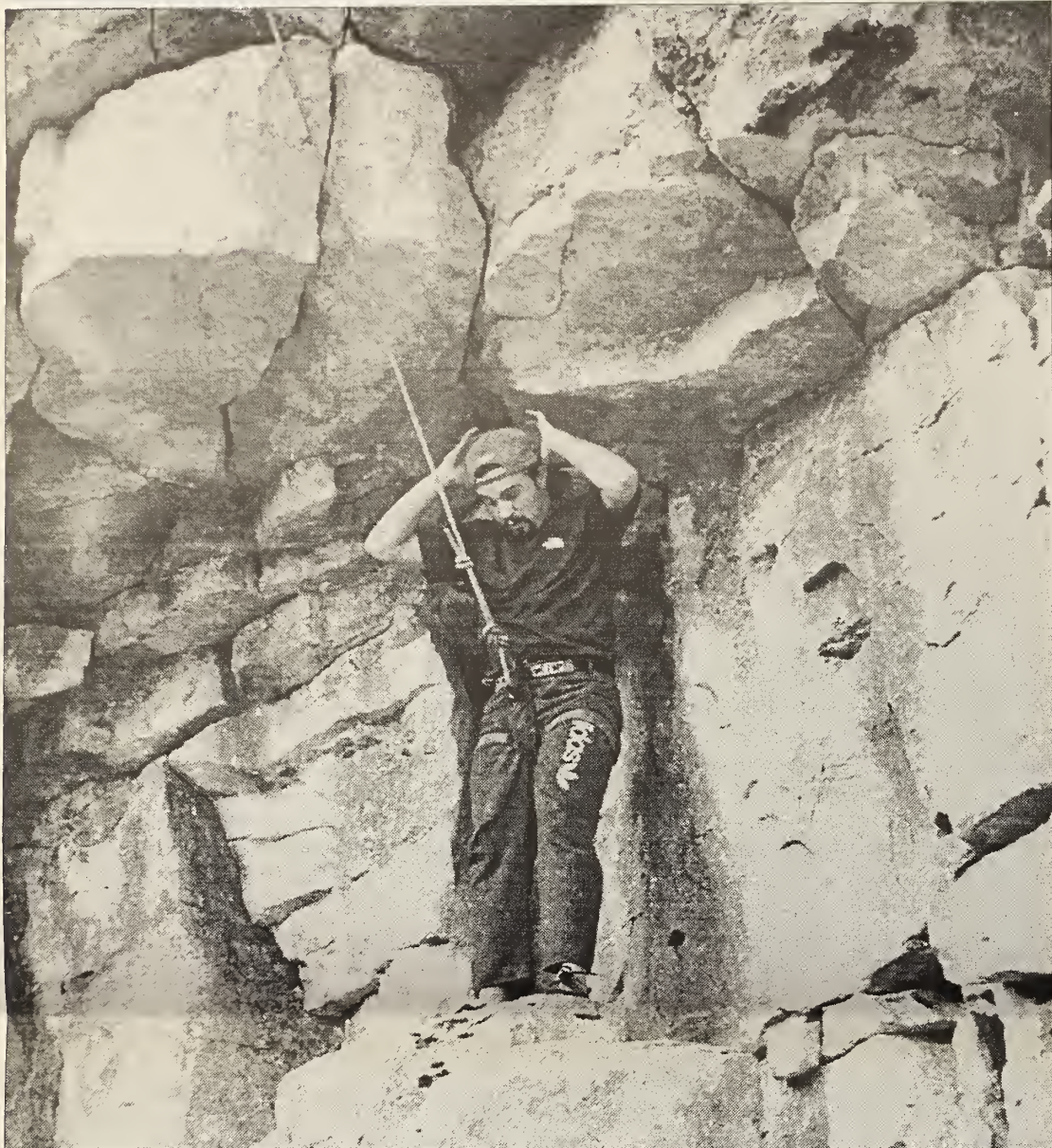
Cheryl Seaborn agrees. She said it is important to work for what we get, to maintain pride and self-esteem.

"I don't say this to be mean, but they have to get out and do something — if they can," Seaborn said.

"It will return dignity to those who want to work and deter those [from going on social assistance] who don't want to work."

Nearly everyone said they have followed the issue at least somewhat. And everyone thought it was about time that a program such as work for welfare was implemented.

Your guide to



WATCH THAT FIRST STEP— A rock climber ponders his next move after scaling half of Rattlesnake Point near Dundas.

(Photo by Allison Dempsey)

Adrenalin junkies soar the big blue sky

By Diane Santos

"On my count. Three, two, one, fly," yells the rigger from up top, and quicker than you can scream, you and your friends are flying higher than a bird at Canada's Wonderland's latest thrill-seeker.

Bungee fever has captured adrenalin junkies young and old, and now a large part of the population is travelling to Canada's Wonderland to experience it.

New Extreme Skyflyer is as high as Wonderland's famous mountain. Suspended alone or with one or two friends, the customer is pulled up 15 storeys and released. He or she will swing back and forth and then run to tell their friends about the best rush ever.

Although bungee jumping originated in New Zealand, Canada now has its own locations where anyone can pay for the rush.

To citizens of Ontario, the most popular jump location is in the Ottawa Valley. Hosted by Wilderness Tours, anyone can jump off a bridge and drop 42 meters for only \$64.

During the summer of 1994, Jennifer Popkey, 24, of Mississauga, went with Wilderness Tours on a whitewater-rafting trip, but on the Saturday of the three-day adventure, a friend double-dared her to bungee jump.

"I'd always been interested in it; I guess I just needed a little push, and a double-dare is the best way to get me to do it," said Popkey.

Although Popkey braved the life-altering experience, she doesn't think she would do it again. "You don't know what exhilaration is until you're standing 42 meters above water and ready to swan dive into the open air," said Popkey. "Once you've put yourself through the scare, allowed gravity to carry you to new heights, there just doesn't seem any reason to go again. I got the rush and that was it."

Popkey said Wilderness Tours doesn't allow any alcohol in your system when you jump. You have to be in control of all your senses.

The rigger tells you not to look up or down, just straight ahead into the trees and to aim for that destination.

Ski Canada magazine reported on bungee jumping in its summer issue of 1992. The magazine stated that the rigger wraps your shins in towels and then secures you with a "D" ring. You are weighed in public and put into a weight class, and the bungee cord extends to five times its original length.

Bungee jumping has also moved indoors. At West Edmonton Mall a bungee jump is located in the water park. You can also jump in cities where a transportable crane allows you to jump, but instead of facing a bed of water, the jumper faces an air mattress surrounded by cement.

For jumpers needing a new location other than the crane, they can travel to Nanaimo, B.C., to the Canadian bungee Zone or to Calumet, Que., to bungee Adventures.

Whitewater rafting full of thrills and spills

By Jennifer Broomhead

Whitewater rafting is high on excitement and low on danger, and if you don't feel the adrenalin you're not really aware of what's going on, says a river guide with Wilderness Tours.

Brian O'Grady, a 22-year-old University of Waterloo student originally from Eganville, Ont., has been working at the rafting company for four seasons.

Wilderness Tours is based in Beachburg, Ont. Since 1975, the company has been treating visitors to the thrills and spills of rafting and kayaking on the Ottawa River.

River guides at Wilderness Tours must be certified in first aid and CPR, and take part in a rigorous two-week training session.

Guides become familiar with each run, O'Grady said, and learn "hydrodynamics," or how to read and interpret whitewater.

"Guiding is like any sport, I

guess," said O'Grady. "It's a talent."

Rafting is always thrilling to O'Grady, but his most exciting experience took place the spring his was in training.

The long-time guide he was shadowing hurt his ankle as the raft prepared to go down "High Water Coliseum," the largest, most dangerous rapid on the run.

O'Grady had to guide the raft through this rapid with little help from his trainer, calling out instructions to the guide in the back of the raft.

Once the rapid was successfully navigated and the crew safe on shore, O'Grady learned his trainer had not really been hurt.

As for the danger element, O'Grady said, rafting at Wilderness Tours is not like a ride at Canada's Wonderland, but if rafters follow their guide's instructions, they'll remain safe.

O'Grady said rapids are rated on a scale of one to six, Class 1 being low current, and

Class 6 the most dangerous. Most rapids at Wilderness Tours rated two, three and four.

In all 21 years at Wilderness Tours, there has not been one single fatality.

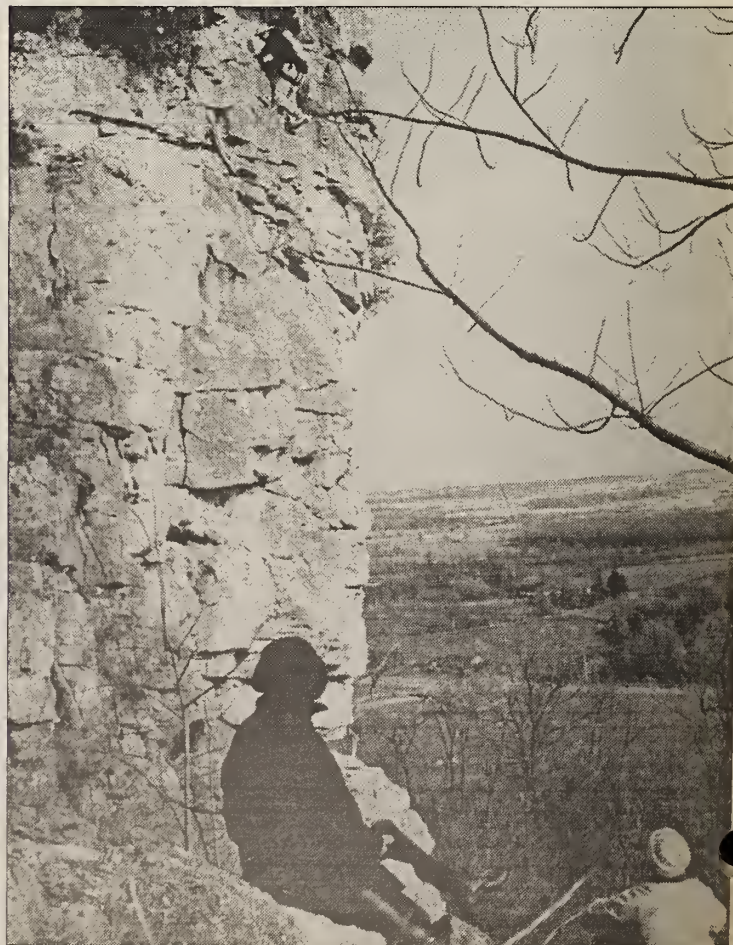
"Truth be told, there's not a whole lot of danger associated with rafting," he said. "We have more people get hurt on our volleyball court or on our dance floor than on our rafts."

O'Grady said he thinks rafting is gaining popularity because it's a new and different activity, and a great way to let off steam and enjoy nature.

He said he's an "adrenalin junkie" himself, and enjoys the dynamic nature of the water. The runs are the same, O'Grady said, but they're always changing so he's never bored.

Wilderness Tours offers excursions for the spring, summer and fall seasons, from early May to mid-September.

For more tour information, call 1-800-267-9166.



BIRD'S EYE VIEW — Spectators watch as a rock climber nears his destination, atop Rattlesnake Point.

(Photo by Allison Dempsey)

living on the edge

Parachuting grows popular

By Blake Ellis

Liz Mann of the Southwestern Ontario Organization of Parachutists (SWOOP) says many parachuting schools claim their number of students increases after an accident is reported, like those on the June 1 weekend in Arthur and Orillia, but she hasn't come across anything like that before.

Mann said she believes parachuting is growing in popularity because of the movie, *Drop Zone*, which was released last year.

She said people think parachutists are a bunch of burly guys who hang out in a bar, but they are just ordinary people with jobs other than parachuting.

SWOOP of Grand Bend is a non-profit co-operative with about 60 members. The co-op owns three planes and offers instruction and a chance to jump to anyone who has the nerve.

Mann said a first-time jumper will take a one-day course before jumping. The course in-

cludes learning theory, practical and emergency procedures.

A jumper can take part in three types of jumps. The first jump from 3,000 feet costs \$179, which includes the one-day course.

The second is a tandem jump, in which both the instructor and student are strapped together in a harness. The instructor would pull the parachute and the student would help the instructor glide it down.

The pair is dropped from a height of 3,150 metres and there isn't an instructional course required. The cost of this jump is \$189.

The third jump was pioneered by SWOOP, and can only be done at four drop sights in Canada.

Two instructors take a student up and the student holds on to the hands of the instructors as they are dropped 3,150 metres. This jump costs \$298.

As for accidents, Mann said there have been no fatalities at SWOOP. She said the most com-

mon injuries are twisted or broken ankles because people don't land properly. Students are taught to roll when they land, but some want to stand up, which causes the injury.

She said SWOOP is hosting the Canadian National Parachuting Competition from June 29 to July 5, to decide who will be on the team that represents Canada at the world competition in Turkey later this year.

Also on July 2, parachutists will be trying to break the national formation record, and on July 6, an attempt will be made to break the national women's formation record.

SWOOP belongs to the Canadian Sport Parachuting Association (CSPA), which is a voluntary regulatory organization.

SWOOP's season runs from March to November and about 500 students are taught to jump every year. Mann said the numbers are up so far this year, adding the number of students could exceed 500.



UP, UP AND AWAY — A handglider soars above a farm just outside of Guelph. (Photo by Bruce Manion)

What goes up, must come down

By Bruce Manion

For centuries, adventurous men and women have sought glory and exhilaration from climbing to the summit of a mountain.

But, for many people that is only half the fun, since rappelling was created.

Derek Tomkin, 21, a former Conestoga student, learned rappelling while in service for the Canadian Armed Forces, but rappels now as a hobby.

"(Rappelling) was originally trained in the military for dropping out of helicopters, but it has caught on as an exciting sport," said Tomkin.

Rappelling, Tomkin said, involves tying a rope to a sturdy object like a tree, and placing it through a hook attached to a

waist harness, and with your feet against the side of a cliff jumping out, loosening the tension in the rope and dropping. "Every few feet you tighten up the rope by applying weight on it and you'll swing back to the cliff. The more experienced you get, the further your jumps down will be."

At first, the experience of looking down a 50-foot cliff is very unnerving, Tomkin admitted, but after a few drops he didn't want the day to end.

"I once saw a person so scared that her jumps were not even little hops. Actually she just slid down the side of the cliff on her butt," said Tomkin.

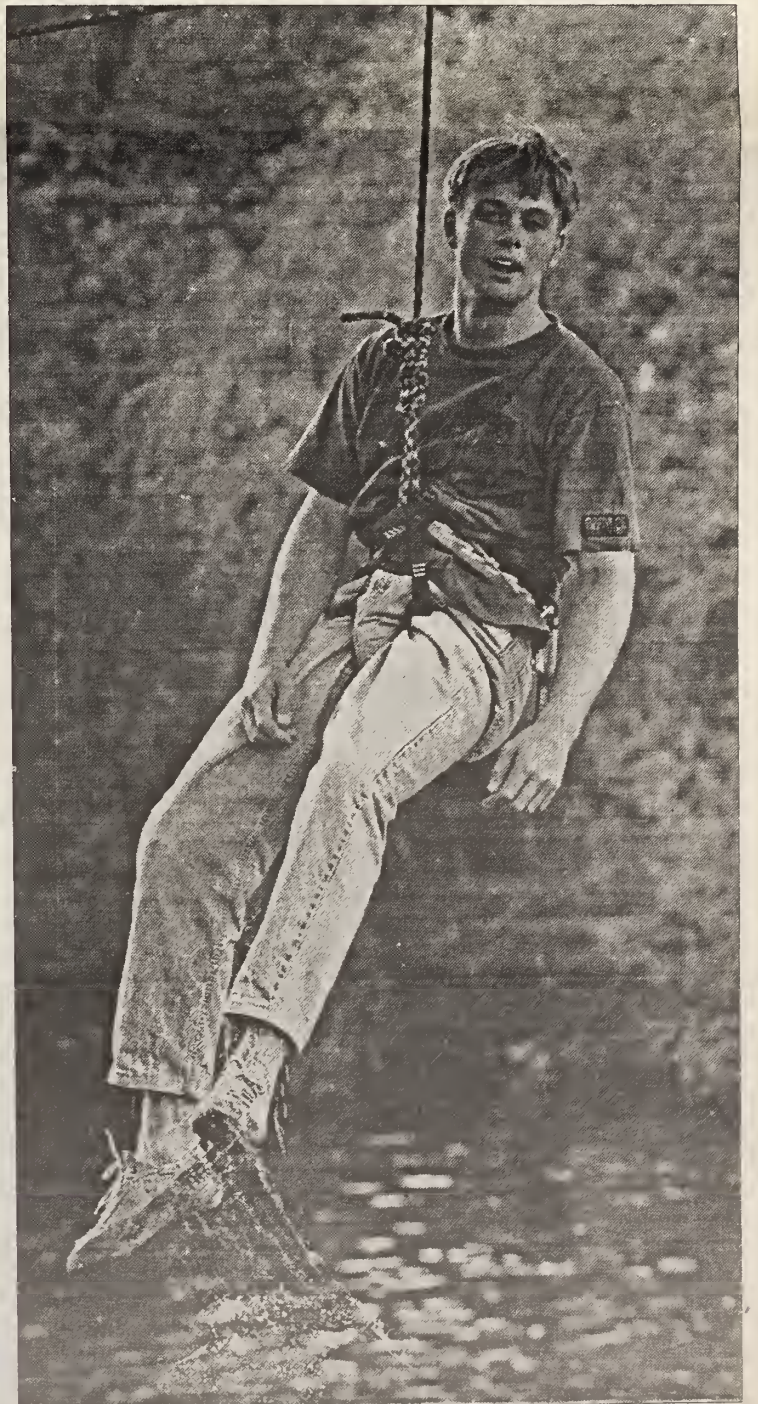
Tomkin said as long as all necessary precautions are taken, there should be no injuries in the descent. "There should always

be at least three people. One at the top, one at the bottom and one doing the jump. Even if the person going down loses control of the rope, the person at the bottom can tug the rope tight and stop the person from falling," said Tomkin.

Other safety tips include wearing leather gloves to avoid rope burn, hiking boots for good traction on the cliff, and a helmet in case of falling rocks, Tomkin said.

Also, although not necessary, doubling up on the ropes gives more security and control, Tomkin added.

"We are very lucky. The Niagara Escarpment offers some spectacular cliffs to go rappelling, like at Rattlesnake Point, The Niagara Whirlpool, and the Elora Gorge," said Tomkin.



JUST A SWINGIN' — Eric Bitton, 17, of Guelph is left hanging after a failed attempt to scale the underside of Heffernan Street footbridge, May 27. (Photo by Linda Reilly)

Flying: an exhilarating experience

By Amy Wroblewski

Although the subject of flying has become a part of daily life for most people, the experience is still exhilarating.

However, the entire flying event can be best experienced when in a small two-seater plane.

Flying is a unique experience that provides a birds-eye view.

One of the best ways to get a taste of flying is to visit the Waterloo-Wellington regional airport. In addition to being able to spend the day watching planes land and take off, it is possible to learn to fly in a relatively short period of time.

Although learning to fly is an expensive endeavor, costing up to \$5,000, the experience is well worth it.

After attending ground school, learning to fly one-on-one with an instructor and taking various exams, a student pilot can take the first step and become a private pilot.

Michael Beaman, a private pilot training for his commercial pilot's licence, said there's no other

feeling in the world like flying solo.

Beaman, who recently earned his private licence, also works at the airport as a line attendant and deals with planes on a daily basis. "Even though I'm constantly around planes, I never get bored with them," he said.

Beaman was inspired to a career in aviation after flying in a helicopter at Niagara Falls.

One of the benefits of flying is that it takes far less travelling time.

A flight to Hamilton Regional Airport to visit the Canadian Warplane Heritage Museum only takes about 10 minutes with a good tail-wind, and is well worth the trip.

For those interested in learning the history of aviation and viewing various aircraft from every era, the museum offers a lot of information on flying.

For those not interested in becoming a pilot, planes may be chartered at various airports.

A first-time sample flight is also available from the Waterloo-Wellington Airport, in addition to periodic open houses.

Successful citizens to speak at graduation

By Eric Whitfield

When the Conestoga College graduation ceremonies roll around on June 24 and 25, graduates and guests will hear speeches from four people who have risen to important positions in their fields and have shown what it takes to succeed in today's competitive climate.

Tom Jenkins, president of Open Text Corporation, will address the engineering technology and trades and apprenticeship graduates. Jenkins earned his bachelor's degree in engineering and physics management at McMaster University in Hamilton. He has a master's degree from University of Toronto in electrical engineering and an master's in business administration from York University.

While still in school, Jenkins went to work as a consultant in the design of semi-conductors. This was in the 1970s when semi-conductors were still in their early stages.

In 1986, Jenkins moved to Waterloo and formed the company Dalsa, which was a spinoff from the University of Waterloo. Jenkins built sensors for camcorders, and robotic-arm cameras for the Canadarm used on space shuttles. He said he has also worked on satellite imagery similar to the Hubble satellite.

Two years ago, he joined Open Text, which is a company that deals with the Internet. He builds search engines, including the ones used by Yahoo, which is an Internet index.

Jenkins said he will most likely talk about the Internet and how it

will influence the lives of the students.

The health sciences and community services graduates will hear Jim Estill speak. Estill, who is the president of EMJ Data Systems in Guelph, said he will probably talk to the graduates about taking responsibility. In 1979 he was selling computers from the trunk of his car, while he was still attending university.

He says he hopes he can inspire students to realize they can do what they want to do. He said, "I don't believe in the doom and gloom." He believes the doom and gloom has a constructive purpose.

The applied arts students will be hearing from Lenna Bradburn, 34, chief of Guelph police services. Helena Webb, an assistant to Conestoga College's president, John Tibbits, said Bradburn's

speech will be from the perspective of successful women in the area.

She graduated from the University of Toronto with a bachelor's degree in criminology and sociology. In 1981, she joined the Metro Toronto police, working mostly in East York.

She was the police union's chief administrative officer for three years after she became the first female director of the Metro Toronto Police Association in 1987.

Bradburn worked on her department's corporate planning unit for one year while she earned her master's degree in public administration from Queen's University.

In 1994 she became the first female police chief in Ontario.

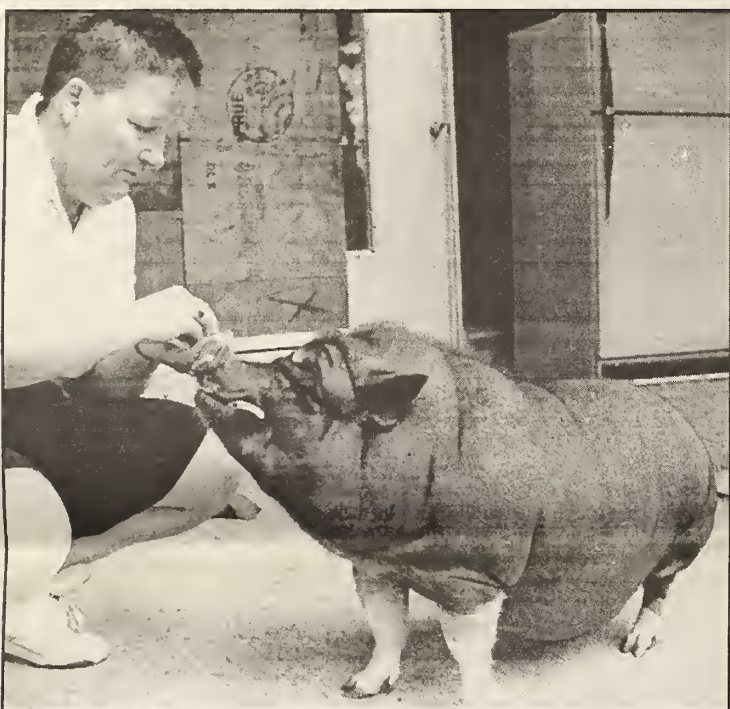
Robert Glegg, of Glegg Water Conditioning Inc., will speak to

the business graduates. His company sells pure water, which is used by many industries around the world, including those in computer chip production.

Glegg, who sold pet supplies while in university, earned a degree in mechanical engineering. He got his master's in business administration, which he earned at night, from McGill University.

He started his business at age 26, in 1978, as a two-man operation. By 1992, his company owned a larger share of the North American market than any of his competitors. The 25 per cent of the market, which was his, meant his sales approached \$40 million.

Webb said the four guest speakers were chosen because they are highly successful, local entrepreneurs and they will have interesting speeches.



WIGGLY PIGGLY — Donna Caldecott gives a snack to her pet pot-bellied pig, Ling. Caldecott lives in rural Plattsville where there are no bylaws restricting pigs as pets. (Photo by Allison Dempsey)

Donations to college spent according to priority list

By Deborah Everest-Hill

The college prefers receiving donations without an attached shopping list, says the chairman of the board of governors development committee.

Winston Wong said donors often have their own priorities in mind when providing funds. He also said the college needs to develop a system through which donations can be co-ordinated and prioritized.

On May 27, the board approved a motion to develop a college fund to attract money for three purposes: scholarships and bursaries, educational tools, and innovative projects.

Donors will be able to direct

their money to the highest priority in one of the three areas at a program level, but will be discouraged from shopping from list to list, he said.

If a donor does not specify a particular program or initiative, the money will support what the board considers to be the top priorities of the college.

Wong said fund-raising initiatives will be co-ordinated by the development office, and staff will oversee the fund, provide advice to donors and analyze fund-raising initiatives from a public-relations perspective.

John Tibbits, college president, said large sums of money should be applied to the top of the priority list. He said the list would

reflect the needs of both faculty and students.

If the college receives a shopping list along with a donation, problems and squabbles can erupt. "You can get bad blood over that."

The development office will attract more donations on an annual basis and improve the reputation of the college in the community. The report by the development committee stated the overall scholarship/bursary needs of the college need to be identified and prioritized.

According to the report, the list of equipment priorities amount to \$4 million, while the college receives only \$350,000 from the provincial government for equipment.

Conestoga enrolment continually rising

Students strive successfully in job market

By Paul Tuns

Applications to Conestoga are up this year, while applications to colleges system-wide are down, and the man in charge of fund-raising thinks he knows why.

Wayne Hussey, executive director of development and community relations, said five areas should be examined when evaluating any organization: financial strength, people, programs, partnerships and image. Conestoga, he said, rates highly in all five.

Hussey said despite being a mid-size college, Conestoga has one of the largest financial reserves in the system.

Many colleges, he notes, were in debt even before provincial cut-backs were announced last November.

"One of the reasons we are

financially sound is we are one of the best managed colleges," Hussey said.

Conestoga students, he points out, have had a great record of success this year alone. Conestoga became the first Canadian college to qualify for Sunrayce, where a student-built solar-run car will compete in an international competition. Furthermore, the design for that car was judged in the top 20.

Also, Conestoga did well at Skills Canada earlier this spring, with six of seven students finishing in the top three in various categories. Several LASA students were recently recognized for extraordinary community work.

Furthermore, Conestoga has a 90 per cent job-placement rate after graduation which places the college in the top five province-wide.

"We graduate high-calibre, high-quality graduates," Hussey said. "And the community knows that."

The staff at Conestoga, Hussey said, is also impressive. He said he is impressed by the can-do spirit of the teaching staff.

Hussey said the spectrum of programs offered at Conestoga is unmatched.

At a time when other colleges are cutting back programs, Conestoga has added several. He said this provides "a tremendous statement of commitment to the students."

Conestoga also has great partnerships, Hussey said. From program advisory committees featuring 300 businessmen who provide advice on how to shape programs, to the involvement of staff in community groups, Conestoga remains connected with the community.



SLIP SLIDIN' AWAY — Children at the Tallpines Childcare Centre enjoy the sun on May 28. Tallpines will be closing at the end of June. (Photo by Diane Santos)

Streetfest kicks off Guelph Spring Festival

By Linda Reilly

Streetfest, the Guelph Spring Festival's opening event on June 1, brought an estimated 15,000 people to the city's main street.

In past years, Streetfest has always been the Festival's finale, but this year it was the opening event.

The weather was perfect, making a record seven years of sunshine and warm temperatures, according to Joanne Brodzinski, Streetfest committee chairwoman.

Streetfest, originally on Carden Street, started as a fun day that was free for all and attracted a crowd of about 2,000.

After being there for two or three years, the event was moved to St. George's Square and has grown in numbers ever since.

The day finally has a budget, so the quality of entertainment has risen from all amateur performances to main stage performers, as well as a few amateurs.

Over 30 community service groups joined in to help organize this year's event, including Big Brothers and Block Parents. The



Junkyard Symphony delighted many of the 15,000 people who attended Guelph's Annual Streetfest on June 1.

(Photo by Linda Reilly)

only stipulation was they must have an activity for young people. "It was a great committee to work with," said Brodzinski.

"The yearly event has become such a size it needs to be run with professional administration, not just volunteers." However, this

year there were 150 volunteers on hand.

There was a multitude of entertainment for young and old, all

free of charge.

This is the first year that the committee has solicited funds, but will give a 50-50 split to all the participating groups.

"With the economy the way it is, I can't believe how generous people have been," Brodzinski said.

There has been a lot of controversy about the street vendors, who pay \$12,000 a year for a permit to operate in the square in Guelph's downtown core, who were told they were not allowed to sell their wares in the square on June 1. "They knew the rules when they signed their contract," Brodzinski said. "We attract 15,000 people into the downtown; at least they could make a donation." Last year the donation cheque, which was supposedly in the mail, never did arrive.

People came from far and wide to enjoy the day.

"Niagara Falls Tourism had a very good account of it all," said Paul Summerskill, of St. Catharines.

The mission of Streetfest is "educating the citizens of Guelph," and they will continue to do so in the years to come.

Area cyclists Ride for Heart

1,400 pedal to raise money for Heart and Stroke

By Judith Hemming

Starting from Seagram Drive in Waterloo, 1,400 riders participated in Manulife Financial's fourth Ride for Heart on June 2, all pedalling to raise money for the Kitchener and Cambridge chapters of the Heart and Stroke Foundation.

By ride time, \$80,000 had been

raised in ride pledges.

Paul Donovan of the Heart and Stroke Foundation said he expects the money that comes in over the next two to three weeks will meet or exceed the 1996 goal of \$100,000.

Last year, 1,274 riders raised \$98,000.

Riders could choose to bike 20 or 50 kilometres. Participants

were treated to a pizza lunch, and massage therapy was available to all participants after they completed their rides.

Entertainment included music by local band, Black Water Draw, and a skipping demonstration by the Glen Forest Falconers of New Hamburg.

Clowns from Kelly Klown's of Breslau provided face-painting for children.

Judy Hyde, co-chairwoman of the Ride for Heart, said the event is the biggest single-day fundraiser for the local chapters, and all dollars raised stay in Waterloo Region.

The funds raised go to support health promotion programs like Heart Smart All Stars, for primary school children, and Fly Higher, for high school students.

The funds also support the Manulife Lecture Series, which consists of six informal information sessions conducted by researchers and cardiologists.

Mike Bechthold of Waterloo said he participated in the ride because it let him do something that helps others while doing something that helps himself.

"It's just a blast coming to take part in something that's this big and with this many people," he said.

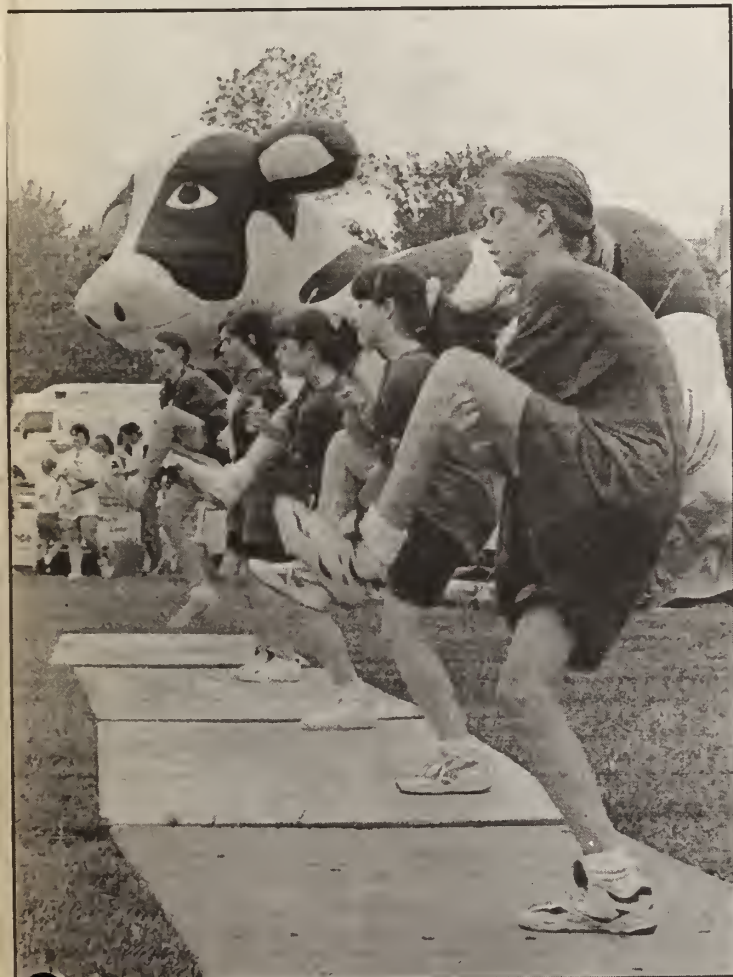
An award is given to the corporate team of cyclists that raises the most money in pledges.

Fifty-two corporate teams participated this year in the fundraiser.

Electrohome won the Golden Wheel Award for the second year in a row. The Electrohome 1996 team raised \$5,400 in pledges.

The Silver Wheel was awarded to Manulife Financial's human resources team.

The Bronze Wheel was awarded to the Equitable Life team.



TO IT — The Glen Forest Falconers perform a skipping demonstration June 2 in the Manulife Ride for Heart in Waterloo Park.

(Photo by Judith Hemming)

Legalized marijuana is 'getting closer'

By Sean S. Finlay

The legalization of marijuana, perhaps altogether or for medical purposes only, is getting closer says a hemp store employee.

Derek Stall, who works at Shakedown Street, said the issue of marijuana being used for medical purposes is in the news more than ever, and shows the growing support and need for cannabis.

Recently Grant Krieger, 41, of Regina was arrested in Amsterdam for trying to enter Canada illegally with 900 grams of marijuana.

He had it legally prescribed to him in Holland for his multiple sclerosis, a disease that affects the brain and spinal cord, causes severe muscle spasms and could lead to partial or total paralysis.

Krieger prefers to smoke pot as a pain killer than take prescribed medications, many of which he said had unpleasant side-effects.

Despite the fact the drug was legally prescribed to him, he wasn't allowed to take it out of the country because of an improper export permit.

Stall said many people throughout Canada do use marijuana for its medicinal value. Most of the time, he said, the police seize the drug and no charges are laid. "The courts are simply afraid to challenge the people who require the drug to get through life."

An article written in this month's Cannabis Canada talks about the various medicinal uses of marijuana.

Wayne Harms, 43, of the London area, has chronic back pain from abuse he received at

an early age.

He, too, smokes pot to alleviate the distress of his back problem, lumbar sclerosis.

Harms said he passed up an operation that would have fixed his back, but not fully.

He would have had to spend a year in the hospital and months in physiotherapy to allow him to walk somewhat normally.

Harms said the doctors felt he wouldn't be able to walk when he was 60, and being able to walk pain-free was not in his future.

He said smoking marijuana elevates his energy, helps him sleep without stiffening up, and he can now walk almost pain free.

Doctors could have prescribed a pain killer that could provide the same for him, but he, like most users, would rather smoke than go through the awful side-effects.

Tylenol 3, which is mostly prescribed as a pain reliever, can cause irreversible liver damage, which is just one of the side-effects.

Stall said people like Harms frequent Shakedown Street seeking either knowledge of the drug, or information on how it can be obtained.

He said there is enough information in books Shakedown sells, but how to obtain it is not something Stall wishes to discuss.

In Cannabis Canada, there is an advertisement that states Hemp B.C., another hemp store, will provide medical marijuana to anyone.

It is available at a reasonable cost, provided a doctor's prescription is presented.

Guelph-area women honored at banquet

By Diana Loveless

The Guelph YWCA-YMCA honored seven women for outstanding achievement at the first Women of Distinction awards banquet May 30, at Guelph Place.

Chosen from 47 nominees in six categories, the recipients were recognized for their contributions both to the community and the advancement of women in Guelph and Wellington County and for their individual achievements.

The recipients were: area-director of the Zonta Club and financial consultant Barbara Fera, in the business and economics category; counsellor and artist Dawn Reynolds and Sally Wismer, chief administrator of the Guelph Arts Council, co-recipients in the cultural and spiritual life category; longtime volunteer Anne Godfrey, in community life; chief of family practice at the Guelph General Hospital, Dr. Ellen Schwontz, in health and fitness; farmer and education activist, Deborah Whale, in science and technology and volunteer and high school student, Megan Harrison, in the young



Recipients of the Women of Distinction awards: back row from left, Dr. Ellen Schwontz, Sally Wismer, Deborah Whale and Megan Harrison. Front row, from left, Dawn Reynolds, Anne Godfrey and Barbara Fera.

woman of distinction category.

Over 300 people attended the sold-out banquet, hosted by

actress Dinah Christie.

The event raised about \$5,000 to support a variety of community

programs offered by the Guelph YMCA-YWCA, such as breast-health awareness and the preven-

tion of violence against women.

We were "astounded by the response," said event chairwoman Judy Brisson.

She said she was thrilled to have the opportunity to honor "women who have overcome barriers and made a difference in Guelph."

At the suggestion of Dawn Reynolds, who was recognized for her contributions to cultural and spiritual life, organizers chose to refer to those receiving awards as recipients rather than winners.

"This is a new way of honoring people, of transforming our connections with each other," Reynolds said.

"The old system of winners and losers sets people against each other."

Women of Distinction awards have been presented by YWCA's across Canada since 1977.

The YWCA, which has been active in Guelph since 1917, is an international organization which works with women and their families.

It is a non-profit organization supported by membership and public donations.



Linda Pfeffer is surrounded by some of the tanning products available at Sun Magic in Waterloo.

(Photo by T.L. Huffman)

Moderation is key to indoor tanning

Tanning can offer more than color

By T.L. Huffman

Indoor tanning is a great way to get a tan in a controlled environment, says Linda Pfeffer of Sun Magic, a tanning salon on Phillip Street in Waterloo.

Many of her clients come into the salon with more reasons than to get a tan.

Indoor tanning can be relaxing, said Pfeffer, and many use the tanning beds as a way to get away from the rush of everyday life.

But besides getting a tan and relaxing, some people use tanning beds to treat and control skin disorders, such as psoriasis, acne and eczema.

Pfeffer said one of the benefits of indoor tanning is that unlike outdoor exposure, indoor tanning is always consistent.

The client knows exactly how much ultraviolet rays he is exposed to.

On the other hand, it is difficult to judge how much outdoor sun exposure is too much, until it is too late.

At Sun Magic, there are three different kinds of tanning beds. Each type of bed is of a different level of intensity.

First-time clients are advised to start tanning on a bed of low intensity for 30 minutes.

After about four or five sessions, the client can then move up to the 20-minute beds; these beds have lights that are slightly stronger. Also, Sun Magic has 15-minute beds designed with even stronger lighting.

At Sun Magic, clients are encouraged to ask questions and, before tanning, are given some guidelines to ensure that the client uses the equipment properly.

The salon requires that the client wear protective eyewear while on a bed. The eyewear is provided free of charge.

In addition, the salon recommends the client apply an indoor tanning lotion to skin that will be exposed to the light and to moisturize skin following a tanning session.

Most importantly, Pfeffer said the key to any sun exposure is always moderation.

Sun Magic is located at 465 Phillip St., Waterloo.

The salon is open Monday to Friday, from 9 a.m. to 10 p.m., Saturday from 10 a.m. to 6 p.m. and Sunday from noon to 6 p.m.

Living art on display at K-W Art Gallery

Miniature Bonsai trees on show

By Johanna Neufeld

The Kitchener-Waterloo Bonsai Society held a showing of bonsai trees at the Kitchener-Waterloo Art Gallery, June 1 and 2.

In Japanese, the word Bonsai means "planted in a tray" and about 68 miniaturized trees which belong to club members, were displayed in the main gallery.

Officially, the show opened May 31, and attracted about 400 people that night, said vice-president Eldon Leis, who also formed the society in 1973.

Club president, Tim Woods, said turnout was steady on June 1, with about 100 people during the day.

Woods said, the non-profit organization usually has the show the same weekend every year, but in other places such as

the Canadian Clay and Glass Gallery in Waterloo, or the Adult Recreation Centre.

The club meets approximately nine times a year at the Centre, but often has special meetings with guest speakers.

Woods said about 30 people belong to the society, and the club gains about 10 new members a year.

Older club members help the newer ones learn about pruning and caring for their trees and Leis teaches classes at his home as well as at Resurrection High School in Kitchener.

Woods, who joined the club five years ago, said he tried unsuccessfully for years to grow bonsai trees.

Several of his creations were displayed at the show.

Woods said, the club averages about three or four shows a year, such as a fund-raising tour with

the K-W Garden club for Big Sisters, one at the Guelph Arboretum and one at the Conestoga Mall in August.

Leis said he first became interested in bonsai trees about 28 years ago when he picked up the only book in the library at that time.

"By the end of the day I had a tree in a pot," he said. Leis had many of his trees at the weekend event, and also makes clay pots to hold his trees.

Leis started the society in 1973 with the help of the Toronto Bonsai club, and both he and his wife Jearnie have been involved ever since.

Approximately 37 people came to the first meeting, of which 12 signed up. Leis said about seven Bonsai clubs exist in Ontario. Both he and Woods said there might be about 20 organizations in Canada.



Eldon Leis, vice-president of K-W Bonsai Society, waters one of his miniature trees at the K-W Art Gallery on June 1.

(Photo by Johanna Neufeld)

Tories open dialogue on women's issues

By Diana Loveless

The Ontario Minister Responsible for Women's Issues, hosted a community forum at Kitchener City Hall May 28, to begin a dialogue on issues concerning women.

Co-sponsored by the Kitchener-Waterloo YWCA and the Kitchener-Waterloo Business Women in Networking, this was the first in a series of forums, called Community Talks, to be held across Ontario.

MPP Dianne Cunningham said she wanted to give people a chance to voice their concerns and be a part of the solution.

"If we don't know what people

want, we can't give it to them," Cunningham said.

After the minister's opening remarks, during which she said the Harris government was committed to promoting women's economic independence, dealing with violence against women and making government more accountable to the people, the 60 or so participants were divided into smaller discussion groups.

"The feeling we get is that child care, violence against women, equity, education, social and non-profit housing, counselling, legal aid, welfare and shelters are not important to this government," said one woman, who spoke to the minister and other participants on

behalf of her discussion group.

"This government must change its philosophies to recognize that people and humanity are sacred, money is not," another woman said.

Many women were concerned that government spending cuts will have a grave effect on women's crisis shelters, forcing women back into abusive situations.

Cunningham assured participants that her government had made no cuts to shelters and she told the audience that she was absolutely in support of shelters.

"Tell me one shelter that has reduced capacity — I want to know about it and I will look into



MPP Dianne Cunningham

it," she said.

In general, the response of participants was cynical, but some were hopeful that this forum, and others like it, will bring the gov-

ernment closer to the people.

"Up until tonight, I didn't think this government was receptive to anything," said Sandra Lavallec, a single mother with two disabled children.

Joan Magazine, a counsellor with student services at Conestoga College who attended the forum, said it seemed like "a backwards way of doing business" and "lacked some sincerity."

Tracey Rockett, a 27-year-old Guelph resident who works with the group, Guelph Coalition Against the Cuts, said that she "questioned the intelligence and sanity of implementing plans and then asking the people what they think."

Broadcaster's life is mostly music

By Robert Klager

Howard Dyck vividly recalls the very evening in 1957 when he sat home alone on his family's farm near Winkler, Man., tuning the radio dial with the anticipation of hearing the very first sounds broadcasted by a new local radio station.

The strains of O Canada christened the airwaves, the 14-year-old farm boy heard the music and he was thrilled.

Nearly 40 years later, it's Dyck's voice that is broadcasted — nation-wide, as host of CBC Radio's Choral Concert and Saturday Afternoon at the Opera.

Sitting in the den of his Waterloo home, he speaks about his radio shows matter-of-factly, as one might recount a casual visit with a friendly neighbor. Diplomas and shelves of books and music adorn the room.

But make no mistake. Dyck's

is not a modest love for classical music and culture. It's a lifeblood. It's years of dedication and commitment to the arts. It's a profession, a passion, and in late May, it garnered him honorary degrees from Wilfrid Laurier University (WLU) and the University of Waterloo (UW).

Accepting a teaching position at WLU in 1971, Dyck moved his family to Kitchener.

Within a year he was conducting the Kitchener-Waterloo Philharmonic Choir, something he continues to this day, approaching 25 years now.

He brought to Kitchener an extensive choral, orchestral and opera conducting training.

His studies were most seriously undertaken in Germany for two years at Nordwestdeutsche Musikakademie and the Internationale Bachakademie.

"In Europe, it's just a part of the air the people breathe," said Dyck. Rarer in North America in the '60s, it's an awareness that has permeated our culture today, said Dyck.

He said the cultural standard, especially in Kitchener, is getting higher. It was his contribution to such standards that afforded him the "great honor" of being recently recognized by the two universities.

Dyck holds in high regard the personal gratification music can provide. "Music speaks in a direct way to the spirit and the soul," said Dyck. "It's wonderful to be working with great poetry or religious words and have the literal meanings of those words just incredibly heightened and enhanced by the music."

He said it often provides him with the feeling of having gained a little more insight into the human condition; "you see yourself and your world in a clearer light. That's what great art is supposed to do."

Dyck suggested the growing attention to classical music may be a sign of society's reaction against the noise and frenetic pace of the environment we live in. "I'd like to think my career in music has provided me with the opportunity to meet those needs in people, to do a small part in helping them."



Howard Dyck was awarded two honorary degrees from Wilfrid Laurier University and the University of Waterloo in late May.

(Photo by Robert Klager)

Volunteering at YMCA helps to relieve stress, says university student

By Amanda Steffler

A student at Wilfrid Laurier University and a manager at a ladies clothing store, Maggie Georgiou still finds time to spend three hours a week volunteering at the A.R. Kaufman YMCA in Kitchener.

Georgiou, who is majoring in psychology and minoring in sociology, started volunteering because it was part of a course requirement.

"The YMCA was on the list of places to volunteer and so I chose to go there," said Georgiou. "I only had to stay until December for my course requirements but I decided to continue volunteering."

When Georgiou began volunteering she was working with children ages two to three in a group called the Little Sparks. The group is one of many day care services provided by the YMCA.

She is now working with older children in a group called the Fireflies. The children are four and five years old.

The groups are run by YMCA staff members, and volunteers are there to help watch and play with the children.

Georgiou said she enjoys working with the children and finds that it is very relaxing.

"When I was in school, I had exams and I was just promoted to manager. I had to study and open a new store," said Georgiou.

"But when I went to volunteer I didn't worry about a thing. You just sit down and play with the kids, she said.

"You forget about everything else because you are so busy playing. I find it relieves a lot of my stress," she said.

Georgiou volunteers every Friday at 1 p.m.

She usually arrives 10 minutes late because she is coming from work in Stratford.

The group spends time in three different areas. They do crafts in the craft room, then move to the jungle gym room and lastly, head to the puzzle room.

Sometimes, if it is warm enough outside, the group goes outside to play on the jungle gym behind the building.

At 3 p.m. the group gets ready to go swimming and stays in the pool until 3:30 p.m.

Georgiou also helps with the children in the pool.

"Believe me, you can't stay dry for too long," said Georgiou. "The kids just love to splash. You always end up getting soaking wet."

The Little Sparks and the Fireflies both swim at the same time so there is a large number of children in the water at one time.

There are about 15 children, two staff members, two volunteers and two to three life guards in and around the pool at all times.

Georgiou goes back to school in September but she plans to continue volunteering.

"I'd like to keep going," said Georgiou.

"I really enjoy it, and with recent cut-backs to YMCA programs, they need the help."

For information about becoming a volunteer please contact the YMCA nearest you.





GIVE ME THAT! — Peter Katona and his dog, Gates, wrestle with a stick at Columbia Lake in Waterloo, June 1. (Photo by Jennifer Broomhead)

Kitchener hosts OHL draft selection

By Jason Romanko

The 1996 Ontario Hockey League (OHL) priority selection was held June 1, at the Kitchener Memorial Auditorium. This was only the fourth time the event has been held outside of Toronto.

The London Knights made Rico Fata the first selection of the draft. Fata is a five-foot-11, 185-pound left-winger, who played 62 games with the Sault Ste. Marie Greyhounds.

Fata, who turned 16 on Feb. 12, was able to play in the OHL because of a league rule that permits an underage player to suit up for their home town until they are eligible to enter the draft.



Rico Fata was first pick of the London Knights in the OHL draft.

Fata's first comment after being presented the London Knights team jersey was, "Wow! This is a great thrill to be selected first overall."

During an interview, Fata said he had no personal goals set, but hoped he could help the Knights get back on track by working in their team system.

The London Knights had the worst record in Canadian

Hockey League history last season with a 3-60-3, win-loss-tie record.

There were 631 players eligible for the draft including 72 goaltenders.

The rest of the draft in order was as follows:

Second: North Bay Centennials — centreman Tyler Renette (Waterloo Siskins Junior-B);

Third: Sudbury Wolves — right-winger Norman Milley (Toronto Red Wing Bantams);

Fourth: Windsor Spitfires — left defenceman Kip Brennan (St. Michael's Junior-A);

Fifth: Barrie Colts — right-winger Mike Henrich (Wexford Midget);

Sixth: Owen Sound Platers — right-winger Wes Goldie (St. Thomas Junior-B);

Seventh: Kingston Frontenacs — left defenceman Kevin Grimes (Cumberland Junior-A);

Eighth: Erie (formerly the Niagara Falls Thunder) — centreman Brett Gibson (Kingston Junior-A);

Ninth: Oshawa Generals — left defenceman Bryan Allen (Ernestown Junior-C);

10th: Kitchener Rangers — left defenceman Wes Jarvis (Gloucester Junior-A);

11th: Belleville Bulls — left-winger Justin Papineau (Ottawa Junior-A);

12th: Peterborough Petes — left defenceman Pat Kavanagh (Kanata Junior-A);

13th: Sault Ste. Marie Greyhounds — left defenceman Nick Robinson (Lindsay Junior-A);

14th: Sarnia Sting — left defenceman Abe Herbst (Listowel Junior-B);

15th: Ottawa 67's — left-winger Mark Bell (Stratford Junior-B);

16th: Detroit Whalers — centreman Harold Druken (St. John's, Nfld. Midget);

17th: Guelph Storm — centreman Manny Malhotra (Mississauga Reps Bantam).

Rangers score at draft

By Jason Witzell

The Kitchener Rangers' first draft choice at the 1996 OHL priority selection, held at the Kitchener Memorial Auditorium, was a huge defenceman from the Ottawa area.

Seventeen-year-old Wes Jarvis, a six-foot-four, 195-pound left defenceman from the Gloucester Junior-A team, was the Rangers' first pick.

At the beginning of the last season he was ranked in the fifth round. But, he played exceptionally in the playoffs and was ranked in the second round by the time the playoffs were over.

Kitchener Rangers general manager, Bob Ertel, said he was extremely pleased with this year's selection, but especially Jarvis.

"He is a very imposing figure when he is on the ice. For his size, he is an exceptional skater — he has excellent coordination for a big guy. He can make a backhand pass from

anywhere on the ice," said Ertel, in a telephone interview.

Just after the Rangers made their first choice, head scout Ron Blair, Bob Ertel and Wes Jarvis answered questions from the surrounding reporters.

Blair said, "Wes is a very focused young man and has a lot of God-given talent. We are very excited to have him as a part of our organization."

Jarvis told reporters Kitchener is a great city; the Rangers organization has a great history and that he is honored to be part of the team.

"I'm going to try my best next year. I like to rush the puck and play offensively. I also like to play physically but not dirty."

Jarvis said playing hockey, going to school and living far away from home will take some time to get adjusted to.

The Rangers' second round draft choice was 15-year-old Ryan Milanovic, a six-foot-one, 185-pound left-winger from the Ajax Junior A-team.

Ertel compares Milanovic's style of play to former Kitchener Ranger, Steve Rice.



Wes Jarvis was the Kitchener Ranger's first pick in the 1996 OHL priority selection.

"He looks like him, he skates like him, he runs over people like him. He loves to hit people but he has good hands and skills," said Ertel.

Sports Commentary

Florida fans don't deserve Cup

By Blake Ellis

Most hockey fans love when a Cinderella team, a team with no notable super stars, can fight its way through the play-offs and eventually make it to the championship round to vie for the chance to etch their name on Lord Stanley's mug.

Hockey fans are no strangers to this occurrence. The New Jersey Devils beat the Red Wings in 1995 to win the Stanley Cup and, the Minnesota North Stars made it all the way to the last round only to be beaten by the Pittsburgh Penguins, in 1991.

But the 1996 Stanley Cup finals leave somewhat of a sour taste in one's mouth. Miami's Florida Panthers will face off against the Colorado Avalanche.

Florida, the Sunshine State. Never before have the championships been played in such a peculiar place. Clarence Camp-

bell, I'm sure would cringe at such a prospect.

Obviously, the league didn't put much thought into where it places its franchises. A little word of advice to National Hockey League President Gary Bettman: a team must be placed in an area where the fans are well educated about hockey.

First, hockey must be popular in the area. For it to be popular, people must know the rules and be able to play it. Hockey is popular in Canada and the northern United States because it is a winter sport, and those areas are knee-deep in ice and snow in the winter months, unlike Florida.

Florida residents are not interested in the sport because they didn't grow up with it like Canadians did. Florida youngsters weren't playing as soon as they could stand on a pair of skates. A lot probably never learned to

skate. Many don't know the thrill of scoring a goal or speeding down the ice on a break-away.

Florida youngsters likely didn't dream of pulling on the jersey of their favorite NHL team or hoisting the Stanley Cup above their heads to do the triumphant skate around the ice.

Probably, a lot of people in Florida don't care one way or the other whether the Panthers win the cup. And that is a shame.

For professional hockey to save face, the Colorado Avalanche need to win the cup.

At the start of the next season, the Winnipeg Jets will be in Phoenix and the Hartford Whalers might be moving to Nashville.

Hockey needs to get back to its roots — Canada and the northern United States — where hockey thrives. Florida making it to the final round is just a wake-up call.

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